


Safe Sledding

*Sledding accidents send more than **20,000** children each year to hospital emergency departments.* With children's safety in mind, Maria Fareri Children's Hospital – a member of the Westchester Medical Center Health Network and the children's hospital for the Hudson Valley and Fairfield County – shares these tips for safe sledding.*



Keep sledders away from motor vehicles.

Children should be supervised while sledding.



Keep young children separated from older children.

Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.

Consider having your child wear a helmet while sledding.

Use steerable sleds, not snow discs or inner tubes. Avoid sledding in crowded areas.

Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.

Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.